



Phone Numbers

Panhandle Health District 208-415-5100
Birthright of N. Idaho 208-664-1390
Planned Parenthood 509-326-2142
Dept of Health and Welfare 208-769-1456
WIC-Hayden 208-415-5130
All other counties, call
your local Health Dist. office
Bonner Co. Pregnancy
Crisis Center 208-263-7621

For an Adoption Plan, contact:

Idaho Youth Ranch
CDA 208-667-1898
Sandpoint 208-265-4535
All other areas 800-545-7554
NW Services, Inc. 208-457-8461
CASI Fnd. for Children 208-376-0558



*This pamphlet is brought to you courtesy of the
Panhandle Health District 1 and Title X, Idaho
State Family Planning.*



Panhandle Health
District offices are ready to
serve you in each of the five
northern counties of Idaho

Kootenai County

8500 N. Atlas Road
Hayden ID 83835
208 415-5100

Bonner County

1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County

7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County

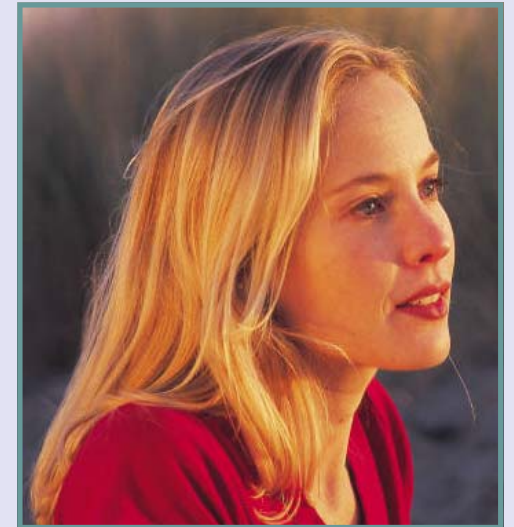
711 Jefferson
St. Maries ID 83861
208 245-4556

Shoshone County

114 W Riverside
Kellogg ID 83837
208 786-7474

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"I THINK I MIGHT BE PREGNANT!"



Panhandle Health District
www2.state.id.us/phd1

*Healthy People in
Healthy Communities*

What are some of the signs of pregnancy?

You have had unprotected sex and now you are wondering if you might have become pregnant. These are the signs of pregnancy (they are usually not present until you miss your period):

- 🐞 Your period is late by a week or more
- 🐞 Feeling Tired
- 🐞 Nausea
- 🐞 Breast Tenderness



Who do I call for a pregnancy test?

For confidential testing, you can call:

- 🐞 The Panhandle Health District office in your county (see back page for the office locations and phone numbers).
- 🐞 Birthright of North Idaho at (208) 667-1390.

Also, most stores carry home pregnancy testing kits, however, they will not be accurate until you have missed a period.

What if I AM pregnant?

Pregnancy is a life-changing event. You will need to talk about it with people who love you. Think carefully about your own feelings and values. Caring professionals can also let you know what services are available in this community to help you with your decision.

Some places you can call to discuss your options are:

- 🐞 Panhandle Health District and ask to speak to the Resource Nurse.
- 🐞 Idaho Youth Ranch and ask to speak to the Adoption Counselor/Social worker (see phone numbers on back page).
- 🐞 Planned Parenthood of the Inland Northwest (509)326-2142
- 🐞 Talk with your school nurse.

**EARLY PRENATAL CARE IS
VERY IMPORTANT FOR
YOUR HEALTH AND A
HEALTHY BABY.**

What if I can't afford Prenatal Care?

If you have low income and have no health insurance, call the Department of Health and Welfare or the Panhandle Health District and ask for an appointment for PWC. This will cover the cost of your pregnancy and the birth of your child.

If you do not qualify for PWC, most obstetricians (baby doctors) will work out a payment plan with you.

The Women's, Infants and Children (WIC) program will assist in providing essential foods for you and your baby.

